



## St. Michael's After-School Activities 2016-2017

<http://www.stmschool.net/community/co-curricular-sports-forms/>

In addition to these School activities, St. Michael's offers an Extended Day K-5 after-school program until 6:00 p.m.

Details on the core program as well as enrichment programs can be found at:

<http://www.stmschool.net/admissions/extending-the-day/>

**All activities are co-ed unless noted.**

Fall (August 31 to November 11)					
Interscholastic Cross Country*	Neal Fleenor	6-8	Practice Mon-Fri, 3:00-4:45pm. Meets ≈ 1/week	Running shoes	\$80
Interscholastic Field Hockey*	Katherine Martin	6-8	Practice Mon-Thu, 3:00-4:30pm. Games = 1 or 2 /week	Stick, mouth & shin guards, goggles	\$80
Mountain Biking*	Kevin Tobin (Peak Experiences)	6-8	Practice Mon & Wed, 3:00-5:00pm. Parent day at end of season	Mountain bike and helmet	\$240
Band	Brian Rollins	5-8	Practice 2/week @ Trinity Performances at LS & MS in Dec & May	Musical instrument(s)	\$80 (for the year)
Interscholastic LEGO Robotics	Michael Jones	5-8	Practice 1x weekly, 3:15-5:15pm. Competition = a mid-Nov. Saturday	None	\$80
Intramural Field Hockey*	Katherine Martin	3-5	Fridays after school	Stick, mouth & shin guards, goggles	\$80
Intramural Soccer*	Wally Kern	3-5	Tuesdays, 3:00-4:00pm	Shin guards	\$40
Baseball Clinic	Dave Jennings, Jeff Carpenter Alex Wozniak, Michael Turner	5-8	Fridays, 3:30-5:15pm	Glove, bat, helmet	\$0
Lacrosse Clinic	Pete Waldbauer	6-8	Wednesdays, 5:30-6:30pm	stick and mouthpiece	\$0
Book Club	Carol Wise, Mary Shirl Eaton	2-3	2nd Tuesday of the month, 3:00-4:00pm	None	\$0
Fishing	Tee Clarkson (VA Fish. Adventures)	1-5	Mondays or Fridays 3:10-5:10pm	None	\$100
Chess	Brian Garbera (Championship Chess)	K-5	Wednesdays 3:10-4:10pm	None	\$118
LEGO Engineering	Ian Phillips (Play Well)	2-5 K-2	Thursdays 3:10-4:40pm Fridays 3:10-4:40pm	None	\$145
Math Club	Kelley Hettrick/Kim Baldwin	1-3	3 <sup>rd</sup> Thursday of the month	None	\$0

**Note: We are exploring adding a Middle School SOCCER team in Fall 2016. More details to come.**

*\*Students must have a current Athletic Participation Form on file before participating in sports.*

### After-School Activities 2016-2017 (cont.)

<b>Winter (November 14 to February 26)</b>					
Interscholastic Swimming*	Philip Tickle	6-8	Sunday afternoons at St. Catherine's. Meets ≈ 1/week	Swimsuit, goggles	\$80
Theater Production	Jan Guarino	6-8	Practice 2-3/ week, 90min. Performances week of March 2nd	None	\$0
Band	Brian Rollins	5-8	Practice 2/week @ Trinity Performances at LS & MS in Dec & May	Musical instrument(s)	\$80 (for the year)
Interscholastic Boys Basketball*	Wally Kern, Michael Turner	5-8	Practice 2/ week, 90min. Games = 1 or 2 /week	Gym clothes and basketball shoes	\$80
Interscholastic Girls Basketball*	Tony Moore, Bryan Baxter	5-8	Practice 2/ week, 90min. Games = 1 or 2 /week	Gym clothes and basketball shoes	\$80
Intramural (SMBA) Basketball*	Alumni and parent volunteers	4-8	One 1-hr. practice once per week. Games = Saturday mornings	Gym clothes and basketball shoes	\$80
Book Club	Carol Wise, Mary Shirl Eaton	2-3	2nd Tuesday of the month, 3:00-4:00pm	None	\$0
Chess	Brian Garbera (Championship Chess)	K-5	Wednesdays 3:10-4:10pm	None	\$118
LEGO Engineering	Ian Phillips (Play Well)	2-5 K-2	Thursdays 3:10-4:40pm Fridays 3:10-4:40pm	None	\$145
Art-Mixed Media	Meg Foster/ArtHaus	K-5	Mondays, 3:15-4:30 p.m.	None	\$165
Math Club	Kelley Hettrick/Kim Baldwin	1-3	3 <sup>rd</sup> Thursday of the month	None	\$0
<b>Spring (February 27 to May 19)</b>					
Boys Lacrosse*	Pete Waldbauer	6-8	Practice 2/ week, 90min. evenings Games = 1 or 2 /week	Stick, helmet, gloves, shoulder pads, and mouth guard	\$80
Girls Lacrosse*	Katherine Martin	6-8	Practice 2/ week, 90min. Games = 1 or 2 /week	Stick, goggles, and mouth guard	\$80
Track*	Phillip Tickle	6-8	Practices: Wednesdays 3:30-5 p.m at MS and Saturdays, 9-10:30 a.m. at Trinity, plus meets	Running shoes	\$80
Golf*	David Jennings	6-8	Wednesdays, 3:30-5:30 p.m. at Willow Oaks CC, plus matches	Bag, balls, clubs, shoes	\$80
Band	Brian Rollins	5-8	Practice 2/week @ Trinity Performances at LS & MS in Dec & May	Musical instrument(s)	\$80 (for the year)
Fun & Games*	Wally Kern	3-5	Tuesdays, 3-4:00pm	Gym clothes, sneakers	\$40
Book Club	Carol Wise, Mary Shirl Eaton	2-3	2nd Tuesday of the month, 3:00-4:00pm	None	\$0

**After-School Activities 2016-2017 (cont.)**

Fishing	Tee Clarkson (VA Fish. Adventures)	1-5	Mondays or Fridays, 3:10-5:10pm	None	\$100
Chess	Brian Garbera (Championship Chess)	K-5	Wednesdays 3:10-4:10pm	None	\$106
LEGO Engineering	Ian Phillips (Play Well)	2-5 K-2	Thursdays 3:10-4:40pm Fridays 3:10-4:40pm	None	\$145
Art-Mixed Media	Meg Foster/ArtHaus	K-5	Mondays, 3:15-4:30 p.m.	None	\$165
Math Club	Kelley Hettrick/Kim Baldwin	1-3	3 <sup>rd</sup> Thursday of the month	None	\$0